



Veggie Burgers

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 carrots shredded
- 1 eggs beaten
- 1.5 cups flour all-purpose
- 2 cloves garlic crushed
- 2 teaspoons olive oil
- 1 small onion grated
- 1.5 cups rolled oats
- 0.3 cup cheddar cheese shredded

- 1 tablespoon soya sauce
- 1 small summer squash shredded
- 1 small zucchini shredded

Equipment

- bowl
- frying pan
- grill

Directions

- Heat the olive oil in a skillet over low heat, and cook the onion and garlic for about 5 minutes, until tender.
- Mix in the carrots, squash, and zucchini. Continue to cook and stir for 2 minutes.
- Remove pan from heat, and mix in oats, cheese, and egg. Stir in soy sauce, transfer the mixture to a bowl, and refrigerate 1 hour.
- Preheat the grill for high heat.
- Place the flour on a large plate. Form the vegetable mixture into eight 3 inch round patties. Drop each patty into the flour, lightly coating both sides.
- Oil the grill grate, and grill patties 5 minutes on each side, or until heated through and nicely browned.

Nutrition Facts



Properties

Glycemic Index:38.48, Glycemic Load:17.37, Inflammation Score:-9, Nutrition Score:12.040434738864%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 191.13kcal (9.56%), Fat: 4.07g (6.26%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 31.91g (10.64%), Net Carbohydrates: 28.82g (10.48%), Sugar: 2.08g (2.31%), Cholesterol: 23.99mg (8%), Sodium: 170.47mg (7.41%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.82g (13.65%), Vitamin A: 2671.99IU (53.44%), Manganese: 0.82mg (41.12%), Selenium: 15.27µg (21.81%), Vitamin B1: 0.29mg (19.19%), Folate: 63.89µg (15.97%), Phosphorus: 137.86mg (13.79%), Vitamin B2: 0.23mg (13.55%), Fiber: 3.09g (12.35%), Iron: 2.08mg (11.54%), Vitamin B3: 1.95mg (9.76%), Magnesium: 36.7mg (9.18%), Vitamin C: 6.93mg (8.4%), Zinc: 1.08mg (7.19%), Vitamin B6: 0.14mg (6.94%), Potassium: 236.93mg (6.77%), Copper: 0.13mg (6.46%), Calcium: 52.9mg (5.29%), Vitamin B5: 0.49mg (4.9%), Vitamin K: 4.22µg (4.01%), Vitamin E: 0.44mg (2.96%), Vitamin B12: 0.09µg (1.44%)